

# Backing Up with Windows File History

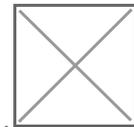
Windows File History is a backup solution included with Windows 10 that behaves similarly to Apple's Time Machine. These instructions assume you are running Windows 10.

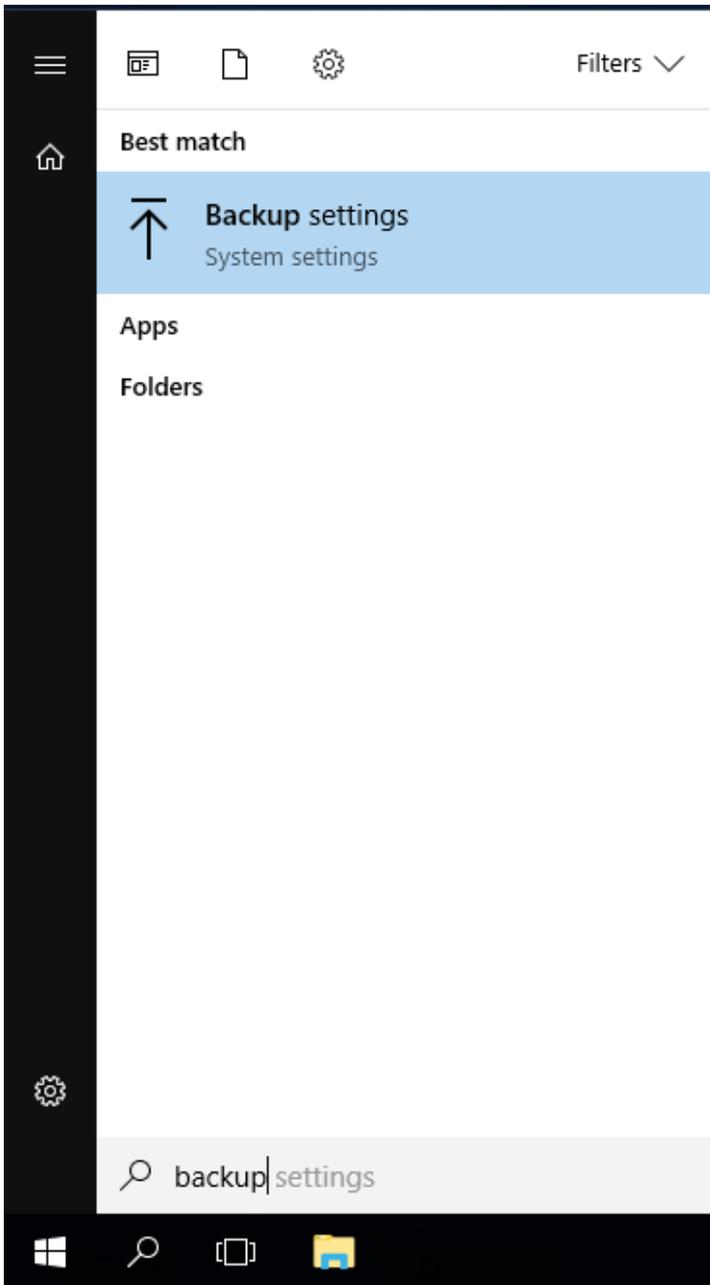
Note that File History will backup all folders and their contents within your user account's home directory (C:\Users\<>your username>). That includes your Desktop, Documents, and Downloads folders among others.

## Initial setup

1. Press the Windows key/click the Start button.
2. Type "backup" without quotes.

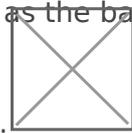
3. The search results should include "Backup settings". Click "Backup settings".

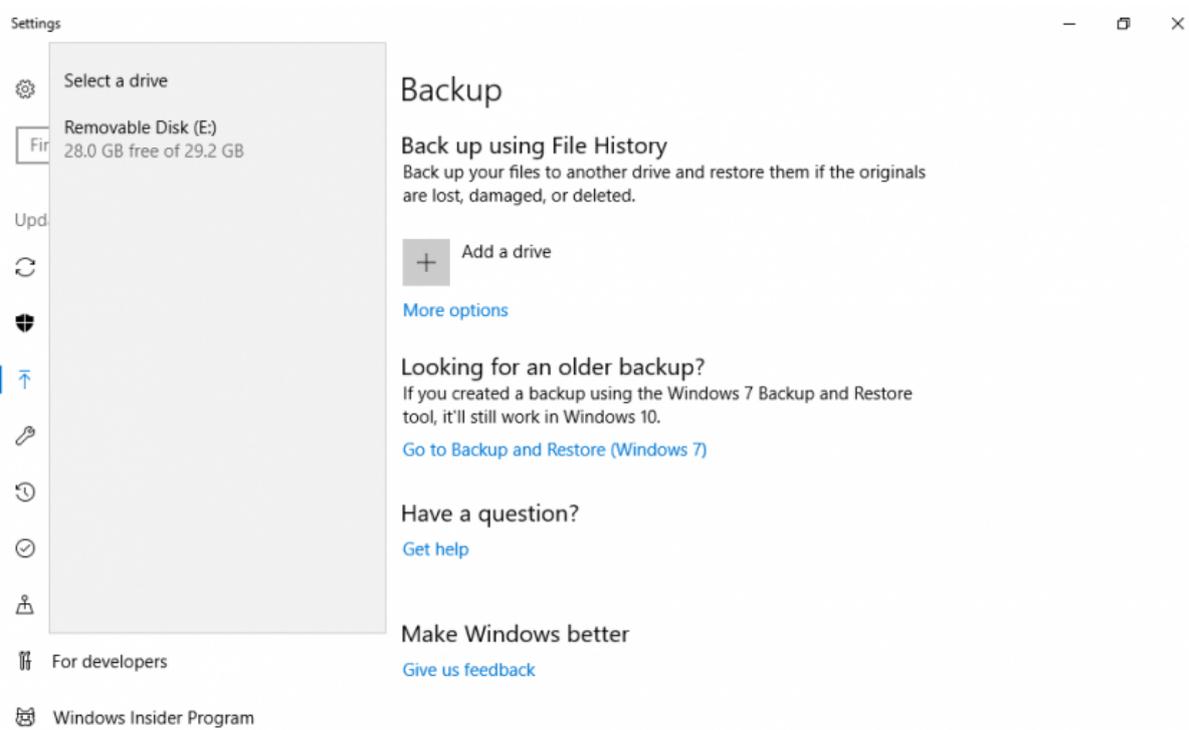




4. Click “Add a drive” to bring up a list of eligible backup drives.
5. Select your USB backup hard drive.
  - Note that in this example a 32 GB USB flash drive is being used as the backup drive.

This is an example only - use a USB hard drive for your backups.





6. "Add a drive" should now be replaced with an on/off switch for "Automatically back up my files" with the switch in the On position. Your files are now backing up automatically.

## Additional configuration

1. Return to the File History settings page (steps 1-3 of Initial setup above).

2. Click "More options".



Home

Find a setting

Update &amp; Security

Windows Update

Windows Defender

Backup

Troubleshoot

Recovery

Activation

Find my device

For developers

Windows Insider Program

## Backup

### Back up using File History

Back up your files to another drive and restore them if the originals are lost, damaged, or deleted.

Automatically back up my files

 On[More options](#)

### Looking for an older backup?

If you created a backup using the Windows 7 Backup and Restore tool, it'll still work in Windows 10.

[Go to Backup and Restore \(Windows 7\)](#)

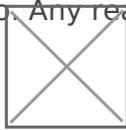
### Have a question?

[Get help](#)

### Make Windows better

[Give us feedback](#)

3. Back up my files: The default of every hour is good.
4. Keep my backups: I recommend setting this to 3 months, which will simply remove backups from over 3 months ago. Any reasonable timeframe or the "Until space is needed" option are fine choices.



## Backup options

### Overview

Size of backup: 0 bytes

Total space on Removable Disk (E:) (E:): 29.2 GB

Backing up your data...

Back up now

Back up my files

Every hour (default) ▾

Keep my backups

3 months ▾

Back up these folders

+ Add a folder

Saved Games  
C:\Users\Administrator

Links  
C:\Users\Administrator

Downloads  
C:\Users\Administrator

5. Add a folder: You can optionally add folders you want backed up that are outside of your user account's home directory (C:\Users\<>your username>).

## Restore files

1. Return to the File History settings page (steps 1-3 of Initial setup above).
2. Click "More options".
3. Scroll to the bottom. Click "Restore files from a current backup" under "Related settings".
4. Navigate to the time/date of the backup you wish to restore.
5. Restore SPECIFIC files/folders in-place
  - Select the file(s) and/or folder(s) you wish to restore.
  - Click the big green restore button labeled "Restore to original location" to replace the current version of the file(s) and/or folder(s) with the one(s) from your chosen backup.
6. Restore ALL files/folders in-place
  - **NOTE: You probably do not want to do this. Changes to every file and folder since your selected backup will be lost and replaced with the version from your backup.**
  - Click the big green restore button labeled "Restore to original location" to replace the current version of all your files and folders with the ones from your chosen backup.

Revision #2

Created 14 February 2019 19:00:40

Updated 23 April 2024 19:29:53